

CITY LIFE TO COUNTRY LIVING

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Sept / Oct 2016 Issue

# CITY TO COUNTRY MAGAZINE

MODELING WITH

Lily  
Lisa

Tommy  
Walton

AN EXTRAORDINARY  
JOURNEY

Jessica  
Winkler

LIVING LIFE  
TO THE FULLEST



FASHION BY

Michael  
Emmanuel

COUTURE

Ashley  
WINELAND

COUNTRY MUSIC'S RISING STAR



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# America's New Country Music Sweetheart

# Ashley WINELAND

WRITTEN BY ROBERT DAVIS

“At the ripe, old age of 18, official CMT [Country Music Television] artist Ashley Wineland is firmly planted to her roots, but shooting for the stars.”

~ Unknown

With her single, “No Prince Charming,” under her belt and another in production, Ms. Wineland recently signed with Nashville Artist Management (NAM), a Music Row agency that is overseen by TJ Cates and Jill Santibanez, who are also the hosts of the television show *Nashville Entertainment Weekly*. Ashley’s critically-acclaimed debut CD, *Family Business*, features some of her original compositions and garnered significant airplay on radio stations worldwide. However, it was her live performances and engaging stage presence that caught the attention of the music industry and some significant endorsements. Ashley was named the very first Alvarez Breakthrough Artist, with Corral Boots soon following and signing her as one of their celebrity spokespeople. Apparently, NAM recognizes something in Ashley, and I can see why. Her much-anticipated next single, “She’s Gone,” is the story of a girl in a relationship who realizes that she wants to explore more in life. This song is scheduled for a late September or early October release, and it will be a single for her next album, which is not yet titled.

After listening to Ms. Wineland’s music and chatting with her, I quickly realized the maturity and focus she places in her craft. It was assuming of me to think that she came out of the womb belting out a cover of a Patsy Cline classic. So, I stand corrected. Ashley stated that her interest in music began in middle school at age 13, while playing the trumpet and singing. So, I am thinking, “What? You’re only five years into this Country music journey, and you have accomplished what?” I know what you’re thinking... Let’s get this story started.

Ashley was born in March of 1998 and raised in Glendale, Arizona, where she currently resides with her family, also known as Team Wineland. Ashley’s team consists of her supporting father (Brent), cautious mother (Kim), motivating, younger brother (Jacob), diligent publicist (Kiki), and of course, her band. In a very competitive music industry, this DIY team has successfully created a huge social media following.



Ashley grew up listening to Country music legends such as Loretta Lynn, Patsy Cline, Dolly Parton, and Martina McBride, and she idolizes Carrie Underwood. In fact, a couple of her songs resemble a Ms. Underwood and Miranda Lambert combination. One of the first tunes Ashley learned to play was “American Honey” by Lady Antebellum. While she may be catapulting to stardom, she relays a lot of credit to her supporting band. She considers Ty Thompson (lead guitar), Jacob Johnston (bass), Whitney Mead (fiddle), and Nick Sanderson (drums) to all be a big part of her success story.

I attempted to probe for more personal information regarding Ms. Wineland’s long history on this Earth, so that I could gauge where she gets her soulful sound and storytelling prowess. I didn’t uncover much of the heartbreak or sorrow that contributes to what we hear in typical music. Instead, I found that Ashley is your ideal, all-American daughter, who made a poor attempt at being rebellious, but that she does have a slight stubborn streak. No gut-wrenching love loss, treacherous childhood upbringing, or extraterrestrial experiences to speak of. Interesting, as this is very telling of her talent and a testament to her musical creativity. She tells me of her adoration for storytelling, though, and refers to personal experiences and current events that inspire her. So, it’s not surprising that Ashley writes her own music and songs, which is true of her *Family Business* album’s title track, a piece that tells the story of her father’s side of the family, who ran moonshine from Missouri to Arkansas during the prohibition.

With talent like this, you would think that Ashley comes from a long line of musical ancestors, but that’s not the case. Her family is not musical at all. Ashley simply realized her passion, worked diligently at her craft, and stayed focused, and she hasn’t let up since. Being an indie artist takes up a lot of her time. When asked how she balances her heavy schedule, Ashley replies, “Slots in my planner for family and friends are mandatory. I cannot live without them.” This helps her push through the rest of the controlled chaos that allows her to come out polished. That old cliché, “When the going gets tough, the tough get going,” is Ashley Wineland through and through. As a matter of fact, it is one of her mottos. It’s obvious that she was raised with strong work ethics. Ashley also finds solace in music (Brooks and Dunn, Carrie Underwood, Chris Stapleton, and Nick Jonas), crafting, and the fitness lifestyle.



“  
Slots in my  
planner for family  
and friends  
are mandatory.  
I cannot live  
without them.”

“

**ROBERT DAVIS:** Where will you be in five years?

**ASHLEY WINELAND:** Traveling and opening for my favorite bands.

**DAVIS:** Describe your music in five words?

**WINELAND:** Storytelling with a modern sound.

**DAVIS:** What are five things that you cannot live without?

**WINELAND:** Team Wineland, parents, brother, Kiki, and my fans.

**DAVIS:** If you could open for any artist, who would it be?

**WINELAND:** Carrie Underwood.

Recently, Ashley sang the National Anthem at the Arizona Cardinals vs. Oakland Raiders NFL preseason game. With an audience of over 60,000, she surely secured some new fans. Other notable performances include appearing at the Ostrich Festival (with Parmalee), at the West Valley Fair and Music Fest (with John Michael Montgomery), at Country Thunder, with The Bellamy Brothers, and at the legendary Reo Palm Isle in Longview, Texas, as a headliner.

Charities are a huge part of Ashley's life. She recently visited SeaWorld San Diego and was given an all-access, VIP, private tour, learning more about their rescue/rehabilitation and veterinary clinics. She says, "I hope that, through this visit, we can educate the public about the wonderful creatures SeaWorld helps on a daily basis, the risks they face in the wild, and how we, as a community, can help them, no matter where we are in the world." Ashley was granted the opportunity to have some up-close encounters with various marine animals, not only to learn about the animals, but also to understand the challenges the species are facing in the wild and what SeaWorld is doing to help those species.

Ms. Wineland encourages everyone to find out more about SeaWorld and their efforts to protect and conserve our ocean's wildlife and how they are inspiring others to join them. Please visit [www.seaworldcares.com](http://www.seaworldcares.com).

Ashley aligns herself with many other organizations, like Fallen Feathers, an exotic bird rescue and rehabilitation center; PMU Horse Rescue and Rehabilitation, which saves mares from Premarin drug facilities and trains them for adoption; Valley Dogs and Halo, who work with PetSmart charities to put pets into new homes; Pets for Patriots, an organization that partners adult animals with veteran families; and finally, she is a staple in the Stop Soldier Suicide program that offers services to soldiers suffering from post-traumatic stress disorder.

A function called Touchdown for Troops is on Ashley's agenda. The fundraiser will be held at Breaker's Bar and Grill, located at 801 Harden Street, Columbia, South Carolina, 29205. The event will benefit No Greater Sacrifice ([www.nogreatersacrifice.org](http://www.nogreatersacrifice.org)), a charity that provides scholarships and resources to the children of our wounded and fallen service members. The event will be hosted by the Beta Theta Pi chapter from the University of South Carolina. The September 10, 2016, music performance will run from 3:00 p.m. to 7:00 p.m., following a flag football tournament thrown by the fraternity.

As you can see, Ashley is using her newfound success as a platform to what is near and dear to her heart – helping others. Whether Ashley is singing and performing, raising money to help veterans, or lending her time to animal welfare organizations, she is leaving an impression on everyone she crosses paths with.

This official CMT artist is currently in the studio working on her second album and preparing for a nationwide tour. She looks forward to having her music reach an even larger audience and taking the next exciting steps in her journey! She is as pure as American apple pie and has a heart of gold, and the girl can "SANG!" <sup>CTC</sup>

Stay tuned-in to Ashley through the following websites:

[www.ashleywineland.com](http://www.ashleywineland.com) [www.facebook.com/AshleyWinelandMusic](https://www.facebook.com/AshleyWinelandMusic)

[www.twitter.com/AshleyEWineland](https://www.twitter.com/AshleyEWineland) [www.instagram.com/ashleywineland](https://www.instagram.com/ashleywineland)

# MODEL

## AMONGST MODELS

Provided by **Lily Lisa**  
Award-winning Photographer, **Rico Mejia**

**LILY LISA** is from Hong Kong and knew from a very young age that she was destined to inspire others. Fresh out of school, her grace, poise, and beauty landed her on the modeling pages and runways of Hong Kong, winning her the Most Elegant Model Award.







PHOTOGRAPHY BY RICO MEJIA



FASHION

PHOTOGRAPHY BY RICO MEJIA

As fellow Chinese actress, Karaka, said, “Lily, in my heart, your beauty can hardly be described with any word in the dictionary, since it is from your heart. You are as warm as a candle and brighten up everyone around you.” Inspired by the power of film and her love of acting, Lily moved to Hollywood to pursue a career in entertainment and continues to gain much success.

Lily Lisa has always been adored by fans and colleagues, not only for her on-camera talents, but for her strength of character. As a philanthropist and social activist, Lily is passionate about giving back to her community and helping those less fortunate. Her efforts have earned her multiple honors, including the We Care for Humanity’s Woman of the Year of Asia Award in 2013, becoming The Charity Awards’ Honorary Ambassador in 2014, and being named Honorary Ambassador of Hong Kong, China, by The World Network in 2015. She also received a Certificate of Congressional Recognition from US Congresswoman Judy Chu.

However, Lily’s charity work did not end there. Upon her arrival in Los Angeles, she was struck by the city’s growing homeless population and the disparity around her. After deciding that volunteering wasn’t enough and in an effort to inspire real change, Lily Lisa set out to make a docu series to bring global attention to the issue. As executive producer and host of the show, she successfully helped countless families and gave a voice to a community that needed it the most. Additionally, the project won the Outstanding Documentary Award in the US Hollywood International Film Festival and continues to play around the world. As famed acting



teacher, Bobbie Chance, said, "Lily, I know you and your generous spirit and beautiful heart. I am so proud of your accomplishments." Every day, Lily continues to work toward making a difference and encourages others to give back.

Lily continues to gain respect and admiration within the Hollywood community, not only for her work, but for her elegant charm and style. As a cultural and fashion icon, she is continually recognized at society events and was the winner of *Hurun Report's* Ambassador's Polo Cup Most Elegant Lady Award two years in a row. As Director Stephen Eckelberry says, "Lily has an attractive glamorous quality and a charm that would win anyone's heart. I believe that." After presenting the Award of Appreciation to Lily Lisa Fashion, the chair of the International Fashion SuperModel Committee, Michael Tse, called her "...an amazing, wonderful, classy lady with a very special vision in style and trend – a fashion philanthropist."

Born from a long lineage of successful entrepreneurs, Lily is much more than just a pretty face. Her fierce wit, intelligence, and business savvy have made her a permanent fixture within the entertainment industry. As an executive producer and businesswoman, she continues to garner as much respect behind the camera as she does in front of it. As Kimberley





Kates, CEO of Big Screen, says, “[Lily] has found her way into the Big Screen family and lives up to her nickname, Lucky Lily, as her work and talent bring luck to every project she has been involved with.” Additionally, Creative Director Warrent Satt has said, “Lily Lisa is extremely talented and has superb relational skills. She knows her business and is trustworthy. What an amazing experience it is to be able to have such an incredible visionary on your team.”

Lily Lisa is undeniably a powerful force within entertainment, philanthropy, and society, but that’s clearly not all she is. Director and writer Adam Cushman said it best. “Lily’s kind spirit and fierce grace, combined with her talent and vision, leave an indelible impression.” It’s just one of the reasons why Lily Lisa is destined to be China’s next rising star in Hollywood.

Model AUSTIN LITT MOORE, height 6’2”, was born August 9, 1998. He is originally from Fayetteville, North Carolina, but now resides in Los Angeles, California.

Moore has been modeling since the age of 14 when he made his debut in North Carolina Fashion Week (NCFW). He would continue to participate in NCFW for four years, walking for both boutique designers and big department stores like Kmart, Belk, and TJ Maxx.

Moore has also walked in LA runway shows for designers such as Courtney Allegra, Galactic Orgasm Designs, and F.R.E.D., including a stint with POSITIVE RUNWAY: Global Catwalk. 



PHOTOGRAPHY BY RICO MEJIA



PHOTOGRAPHY BY RICO MEJIA

FASHION



Photographer: Rico Mejia ([www.ricomejia.com/](http://www.ricomejia.com/))  
Production Assistant: Amy Leigh Bingen  
Stylist: Shannon Marie Bingen  
Make up & Hair: Elena Khlopotina  
Personal Assistant to Lily Lisa: Karina Caro



# Michael

E M M A N U E L

Couture Designs


One of a kind designs created just for you!

PROVIDED BY MICHAEL EMMANUEL COUTURE DESIGNS  
PHOTOGRAPHER, SEAN KIMBEL

“For fashion is for those whose flair, style, and elegance symbolize differences. Fashion is a style statement of life.”

Michael Emmanuel innocently began in New York City in the early 1980s when he paid a visit to a friend who was a fashion designer and a runway model. Michael watched in utter amazement as his friend finished sewing a fierce garment in what seemed like record time. Sensing Michael’s curiosity, his friend trained him on the basics of using a sewing machine, utilizing different fabrics, and creating breathtaking designs. Before long, Michael developed his own unparalleled and phenomenal vision, and his interest for fashion, creativity, and style quickly developed and came to life.

As expected, the word would quickly get out about the designer who had the ability to take the world by storm. In 1983, he was introduced to the National Black Theater in Harlem, where he would become the costume designer for several off-Broadway plays, such as *The Legacy* (which aired on CBS), *Mamma’s Little Boys*, *The Fruits of Miss Morning*, *The Song of Sheba*, *Beyond the Call of Duty*, and *The Crescent Tail’s*, the latter for which he would be nominated for an Audelco Award for Best Costume Designer in an Off-Broadway Play. His dedication to and passion for his craft would also catch the eye of world-renowned costume designer, Judy Dearing, who quickly took him under her wing as her personal assistant for the play *Return of the Ben-to (An African Heritage Story)*.

Michael Emmanuel’s designs can be found on his website at [www.michaelmanuelcouture.com](http://www.michaelmanuelcouture.com). 



PHOTOGRAPHY BY SEAN KIMBEL



PHOTOGRAPHY BY SEAN KIMBEL











“  
It was all I  
wanted to do, so  
it frustrated me  
being told that  
being a woman is  
a limitation.  
”

# Jessica

W I N K L E R

WRITTEN BY JAY LUSTER

“We’re here to help the world become a better place. That’s the whole point of being alive.” ~ Jessica Winkler

“It’s pretty harsh,” she says, before pausing for a moment to collect her thoughts. “I was living in Nicaragua, and somebody broke into my house and tried to kill me. He beat me and raped me for like four hours. I almost didn’t survive.” Hearing words like that takes your breath away, but living them? This was the reality she was forced to deal with, while chasing her dream of kiteboarding.

Jessica Winkler grew up in Kelowna, British Columbia. It is a place most people would consider to be idyllic. Set in the rugged Canadian mountains about four hours east of Vancouver, it is a town of around 180,000 people straddling Okanagan Lake. The icy, cold lake splits the town like a gash cleaved into the valley floor by retreating glaciers. And like the town, Jessica’s family was split before she was even born. She says, “My mother was the type of person who should not have had children,” and her father was never there. She continues, “I met him only two years ago, so he wasn’t even in the picture.” With that as her starting point, it’s little wonder that the athletic, young girl gravitated towards the enduring sapphire water just down the mountain from her home. She says, “I grew up snowboarding and wakeboarding.” Then, while on Vancouver Island, she saw something that would change her life. “I was driving by, and I saw these colorful things flying through the air, and I literally almost crashed my car. I had no idea what it was, but it fascinated me.” What she saw, what captured her imagination, was kiteboarding. She continues, “Every time it was windy, I’d go down to the beach and watch them, and I knew that it was something I could do. It made sense to me.”

So, Jessica set her mind to learning the sport and immediately ran into roadblocks. “Before 2007, I couldn’t find anyone to teach me the sport. The men all told me that women couldn’t do it, because it was too dangerous.” She says, “They were right about it being dangerous, because back then, they didn’t have safety systems. It wasn’t developed like it is now.” With her wakeboarding and snowboarding experiences, she knew in her heart that she could kiteboard. She says, “It was all I wanted to do, so it frustrated me being told that being a woman is a limitation.” Undeterred, she decided to go and find a place to learn. She says, “I did a trip all the way around South America all by myself, and I learned how to kite for the first time in northern Peru.” While there, she got about six hours of lessons and says, “I learned how to fly the kite, and that was it.” The few hours of lessons wet her appetite, but she had not really kited on her own yet. “I didn’t get to try it until I was in northern Brazil.” However, kiteboarding was still a man’s world, and language was an obstacle as well. “Basically, I learned the sport by myself, because nobody spoke English, and at that point, I didn’t speak Portuguese. I ended-up living in northern Brazil for two years, and that’s where I really learned to kite.”

By making her own opportunity to learn the sport, Winkler had begun showing the dogged tenacity that would come to be her calling card. She says, “Because there weren’t enough women doing the sport in the beginning, I competed against men.” With a wry laugh, she says, “It taught me to be tough, and I learned I could be competitive.” For Jessica, it wasn’t just enough to compete, because she wanted to win. With justifiable pride, she says, “I’ve podiumed in every competition I’ve ever done.” For many people, that would have been enough, but Winkler was just getting started. She says, “Before me, there were like five women competing, but I didn’t know them.” Armed with the knowledge that



women could not only kiteboard, but also compete and win, she then turned her attention to bringing women into the sport. She says with a laugh, "I kind of became an ambassador to women for the sport."

While a small group of women who came before Jessica were, as she puts it, "the real pioneers," she realized what was lacking was communication. There were magazines devoted to the sport, but women were generally relegated to be the sexy arm candy standing behind the men winning the championships. She says, "I wanted to get sponsorship, and I was told that, competitively, there was no value for women in the sport. So, I realized that in order to get exposure, I had to become creative." The women who were in the sport didn't really know one another, and Jessica knew that the Internet could not just connect them to each other, it could connect them to the world. The idea was to showcase the talented women in the sport, with the hope that it would lead to sponsorship deals. Winkler continues, "So, I worked with a South African guy who had a website, and together, we came up with this online competition called The Most Influential Kitesurfer Girl (MIKG). The website gave each entrant their own page, so they could say who they were, what they did, and show pictures and videos of their accomplishments." Dozens of women created pages, and thousands of people participated in the voting. Eventually, the field was winnowed to ten contestants. Jessica says, "We worked on getting sponsorships for the top three girls." The contest paid-off for the eventual winners, and companies began stepping-up for the women the way they had been all along for the men. During that time, another woman competing on the pro circuit created the first all-girls kiting magazine. When the contest ended, Jessica had succeeded in securing sponsorship contracts for the winners. She says, "Then, I wrote an article for the magazine, and the winner of my competition was on the front cover." For the first time, women in the sport were being recognized as having the value the companies manufacturing and selling the equipment necessary to the sport doubted they had to begin with. She continues, "Over the years, I ended-up getting like 25 different sponsorship contracts for the top couple of girls." And what of herself? She says, "In turn, I ended-up getting my own." However, the real lesson for Winkler was realizing that she had the power to help others achieve their goals. She says, "I learned that I had to help others in order to help myself."

Though it's nice to have sponsors provide everything you need to compete, the athletes still have to pay for their own travel, lodging, food, and entry fees to get into the events. But still, being a championship athlete must have its rewards! With a bright laugh, Jessica says, "I've never made any money from anything at all." She adds, "I'm a very successful poor person." In order to live her dream, she has become a kiteboarding instructor by day. While that paid the bills adequately, it never completely filled the void in her life. After her ordeal, she realized that she needed to begin the healing process. Plenty of doctors and counselors stepped up to the plate with an offer to help, but with the caveat that she take medications to ease anxiety and depression. Ultimately, Jessica fell back upon the one constant in her life, kiteboarding. Along the way, her need to help




“  
*I learned that I had to help others in order to help myself.*  
”

## SPORTS

others was never far from the surface. She says, "Kiteboarding is quite scary to people. They see it for the first time, and they immediately think, 'Oh, I can't do that. It's going to carry me off to Cuba.'" It is exactly because it is terrifying that Jessica believes it helped her and will help others. "When you get so violently abused, you lose all of your power and all of your confidence. So, I was physically holding something (the kite) that had the potential to overpower me. Mentally, it helped me gain back my control." She says, "When I was out kiting, despite the dangers, I felt safe, because nobody could come near me, unless I wanted them to."

As her career as a competitive, professional kiteboarder winds down, Winkler has begun focusing on what has become her true life calling, helping others. She continues, "I'm doing camps specifically for women who have suffered physical abuse or are cancer survivors...women who've had some bad stuff happen to them." Along with a friend who's qualified in many different areas of medicine and counseling, they're using kitesurfing to help women overcome the burden of their trauma. "We're using it as a way to open them up and to help them heal. Overcoming the natural fear of kiting helps to give them back their confidence." And of her future? Winkler says, "Well, I'm going to stay in Turks and Caicos. I like it here, and it's a really lovely way to live my twilight!" She continues, "I'm going to focus on the camps. I will still work for the kite school, but I really just want to help people find a better life, a better way. That's important to me. It's what I really want to do."

Flying away on a warm and freshening breeze, under the sail of a joyously-colored kite, is a fantasy that everyone can easily understand. It's a promise of freedom from the imposition of the weight of your personal gravity. The problem with escapist

dreams is that, eventually, you will return to Earth and have to face the things you were flying from to begin with. When the weight you're carrying is beyond the mundane, beyond the commonplace travails, it would be understandable if you decided to fold your kite and disappear into the recesses of the conventional. For others, the struggle continues, and for those few who choose to not just endure, but thrive, they return to Earth as stronger people with extraordinary purpose. Jessica Winkler, moments before soaring off on her rising kite, says, "We're here to help the world become a better place. That's the whole point of being alive." 



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WHERE MOMS PLAY WHEN KIDS ARE AWAY

# Housewives to EQUESTRIANS

WRITTEN BY MICHELLE MAGEE



With summer over and kids back in school, many stay-at-home mothers ask themselves how they can enrich their lives between the hours of 8:00 a.m. and 3:00 p.m. Dorothy Rohrbach of Wells Bridge Farms, LLC in Parker, Colorado, may have the answer!

Wells Bridge Farm was founded in 1989 by internationally-known trainers, Paul Rohrbach and Corky Shaha, and was created to provide the best training experience for riders interested in hunters, jumpers, and equitation. They train highly competitive riders and their horses to reach peak athletic performance, both in training and in the show arena. But it was Paul's wife, Dorothy Rohrbach, an accomplished trainer in her own right, who created a riding program for adult riders who have always desired to own a horse and learn how to ride. Wells Bridge calls this the Housewives to Equestrians (HTE) program.


Dorothy explains, "There are so many women who fantasized about owning a pony as a child, but it just never happened. I've found that there are quite a few mothers of school-aged children who are fortunate enough to have the time and the income to fulfill those dreams now. So, we have created a training program that turns those once lofty dreams into a very beautiful and fulfilling reality!"

Rohrbach says the four-prong process is a lot of fun for her and the rider. First, the rider takes lessons, so their ability can be assessed. Secondly, they do what just about every lady loves...go shopping! In this case, it is shopping for the horse that matches the rider's current skills and that has the ability to grow with them as they continue to learn. Then, the horse and rider are fully immersed in Wells Bridge Farm's training program, which allows the riders to improve their skills while bonding with their horse. Lastly, the horse and rider show off their skills in horse shows that are held both locally and nationally. Taking lessons and displaying one's skills at horse shows is an enjoyable, ongoing process and the reason many

people choose to ride. The rider and horse get the chance to build a strong and lasting bond.

Kelly Anguilm, a mother of two who came to Wells Bridge looking to purchase a horse and learn to jump over poles, said, "So far, the most exciting part of the Wells Bridge process has been shopping for a horse. I used to think I wanted a horse that was a certain color, but Dorothy was with me every step of the way and taught me what to really look for in a horse, like size and confirmation, etc. We couldn't find a horse here in Colorado, but Wells Bridge has connections all over the world, so I wasn't worried. After shopping in California and Idaho, we were able to find Maximus. He is the horse of my dreams, and I would have never found him without Dorothy's help!"

Mrs. Anguilm is now in the Wells Bridge Farm training program. She takes multiple lessons a week, while her kids are in school, and she is excited about competing in horse shows, so her husband, Derek, and sons, Austin (17) and Preston (12), can watch her shine! She says, "You know, when you're a stay-at-home mom, you tend to sit in the stands or on the sidelines and watch your kids play their sports. Then, during the week, you hear about all of the interesting things that your husband is doing at work, while you are doing laundry and making dinner. Riding has given me an opportunity to do something that makes me proud, and I can't wait to have my family cheering me on in the show ring!"

Dorothy Rohrbach has students who have never ridden to those who have decided that they would like to pick up where they left off years ago, before life got in the way of their passion for horses. She says, "As a working mother, I know how important it is to get out of the house and do something great for yourself. I am thrilled that I have the ability to help these women empower themselves while fulfilling lifelong dreams!" When asked if there were any house-husbands in the program, Dorothy replied, "Not yet, but our barn doors are always open for anyone who would like to join our program!" 



# T

WRITTEN BY JAY LUSTER

# Tommy

W A L T O N

“If you don’t learn how to open your mind to art, it is the end of civilization.” – Tommy Walton

“There is something happening here that isn’t happening anywhere else,” says Chicago artisan, Tommy Walton. “The city has had an awakening, and people from all around the world are paying attention, and the tourists are flocking to Chicago.” Walton, practically bubbling over with enthusiasm, may sound like the Chicago Chamber of Commerce, but it isn’t misplaced. Since the tourism industry in the US took a major nosedive following 9/11, Chicago hasn’t just come back, it’s thrived. Before 9/11, Chicago generally ranked relatively low as a must-see destination, but now, it is not uncommon for tourist magazines and websites to rank the town in the top five. Several websites have Chicago ranked third, only behind Las Vegas and San Francisco, as a bucket-list destination. So, what is behind the Chicago renaissance? Walton says, “People are discovering how beautiful the city is, how clean our streets are in downtown, and how manicured the parks are. Horticulturally, we have more tulips planted in Chicago than are planted in Amsterdam. We have the most amazing architecture (the skyscrapers), and on top of all of that, you’ve got the artistic scene, the museum scene, the fashion scene, and the food thing is just exploding.”

Aside from his partner of 32 years, fashion and food are perhaps Tommy Walton’s deepest passions. Of being at home, he says, “Our kitchen is the heart of our home, and my stove is always

hot to the touch.” So, where did this love affair with fashion and food begin? “I put myself through fashion design school in the ‘80s by working for film and commercial caterers.” He began cooking behind the scenes and says, “I started getting all of these offers to cook at galleries and to bring food into people’s homes. Really, I was very lucky.” Perhaps he was lucky, or perhaps he made his own luck with talent, persistence, and style. Walton continues, “I used to dress up for the parties, and people seemed to like what I wore and the way I presented the food.” As the word spread, he soon found himself serving food on yachts, private jets, and film sets. “When the Blues Brothers were filming in Chicago, we catered for them. Then, when I was only 19 years old, I got to cook breakfast for Aretha Franklin. I’ve cooked for Richard Pryor, Della Reese, and Stockard Channing.” He adds with a laugh, “When Chicago had *Endless Love*, I got to spoon feed Brooke Shields while she got her makeup done!” As he puts it, “I really worked behind the scenes in the restaurant world without ever becoming a traditional chef. That’s how I put myself through school, which led to me becoming a fashion designer.”

While in school, Tommy competed against and often partnered with Roger Price. He says, “We were each other’s main competition. Eventually, we started sewing things together, and we began getting into stores and small boutiques in Chicago.” Their early work immediately began garnering praise both inside and outside the fashion industry. Tommy continues, “We won the Marshall Fields Distinction and Design Award back in the ‘80s,

which led to us winning a contract with that department store.” As their names became more widely recognized and their designs and products gathered increasing respect, they added the Fashion Group International Award and the Rising Star Award to their lengthening list of achievements. With well-earned pride, Walton says, “After we won the Fashion Next Competition Award from the Chicago History Museum, we became lifetime Honorary Costume Council Members.” Laughing at the suggestion that the Costume Council sounded like it probably gives people advice on what to wear at Halloween, he explains, “It’s made up of a bunch of people who sit on many different boards and are the chairs of several different artistic organizations in Chicago.” He says, “Roger and I have always just hung out at the museum, and then, after we won the award, they wanted to put our collection on permanent display.” It really was quite an honor, because the last designer to receive the award was School of the Art Institute of Chicago (SAIC) alumni, Roy Halston Frowick, whose product line was simply called Halston. That was in 1969. Walton adds, “So, we are the next ones. We have been thrilled to serve on the board and offer our advice to their exhibitions, galas, balls, and things like that.” He goes on, saying, “We are the only living designers in Chicago that have been commissioned to do a permanent collection for the Chicago History Museum.”

You would think that being a world-famous fashion designer, running a business, and serving on museum boards would be enough to keep any man busy, yet Walton somehow finds the time to give back to the industry by teaching at the SAIC. He says, “At school, I’m teaching my students the very traditional, classical, old-fashioned way of designing things, but at the same time, I am doing the futuristic, cutting-edge, most avant-garde thing.” Those cutting-edge technologies include 3D digital printing, laser cutting, and vacuum-form plastic for accessories. Most recently, Walton’s students held a fashion show in the greenhouse at Garfield Park and Observatory. He says, “We had a huge extravaganza. It was a spectacular display of my students’ work.” A greenhouse would seem like an odd place to hold a fashion exhibit, but Walton says, “It was a perfect venue.” Proud of his students’ accomplishments, he adds, “It was unbelievable. Some of their work looked like it was just growing out of the ground. It was really cool.”

Seven years ago, after a 25-year relationship, Tommy and Roger were finally able to get married. He says, “Roger and I have always supported each other in every way. When he was going to Paris for four months a year for 15 years, I would stay in Chicago and hold the store down. Whenever I had a crazy project, Roger would put himself on the backburner and support me 100%.” After initially learning to cook in college, Walton naturally became the chef in their kitchen. Then, he says, “One day, I answered the phone (the caller ID said Beverly Hills), and they said, ‘Hi, this is *MasterChef* calling for Tommy Walton.’ I said, ‘What the hell is *MasterChef* calling me for?’ They told me I had filled out the entry forms, and I thought this had to be a mistake, so I hung up the phone.” Unbeknownst to him, Roger had entered him for consideration on the popular reality television series. Continuing, Walton says, “He said, ‘You’ve been cooking for me for 25 years. Every day is something different.’” And perhaps understanding his partner’s

irrepressible outgoing nature, Roger added, “You were born to be on television.” A couple of days later, the producers of the show called Tommy back. With Roger’s encouragement, he decided to take the chance and tryout for the show. For the audition, he cooked a salmon three different ways, and after a three-minute presentation, he was led to another room where he met the producers. He left the meeting not knowing if he had impressed them or not. When he got home, he found Roger waiting in anticipation and the phone ringing. Walton continues, “It was them, and they said they wanted me to go to the next stage!” Out of 40,000 applicants, only a small percentage were selected to continue forward. He says, “When I went to LA, I was in the top 100. After a few weeks, I was in the top 60, then the top 50, then the top 20, and then suddenly, I was in the top 10!”

What the six million viewers believe they see each week is an overly ferocious Gordon Ramsey castigating a bunch of unsophisticated, novice chefs. Ramsey has been called a fire-breathing dragon, but behind the scenes, he is said to be a very supportive coach and teacher. Some of the contestants are inexperienced, and many do prove to be less than adequate. However, they are almost always incredibly creative and gifted practitioners of the culinary arts. With a laugh, Tommy says, “Of course, *MasterChef* is the scariest thing in the whole wide world. To have to cook in front of Gordon Ramsey is absolutely death-defying.” But then, he continues and says, “Gordon may be a fire-breathing dragon, but he’s a great teacher. He demands your absolute best, and he knows how to pull it out of you.” Walton pauses. Then, in a more serious tone, he says, “Gordon Ramsey is the best teacher I’ve ever had.” That’s high praise from a successful entrepreneur who holds every important design award available in Chicago, as well as being a college teacher himself.

Both Roger Price and Tommy Walton are from the south side of Chicago, and while Walton revels in the downtown finery, he is always aware of his roots and what is happening in that part of the city. He credits his attraction to and study of the arts, especially fashion and cooking, as saving him from the streets. He says, “Art has the power to save people, and in a way, I feel like I’m sort of a pied piper of art and theater and fashion and food.” Though Chicago is the third most popular tourist destination in America, it is the frequent violence and shootings that form many people’s opinion of the city. However, Chicago is, and always has been, a Mecca for artists of every discipline. Walton continues, “There is a vital artistry that is a part of Chicago. Art saved me, so I just want to give back.” Giving back means mentoring young boys by helping them learn art. He believes that teaching kids to follow their artistic passions could possibly save them the way it saved both Roger and himself. He says, “People are angry and shooting each other, but they need to know that there is beauty.” He has a point, because when you look back at ancient civilizations, very often, it is their art and education that have survived. Cave paintings, Egyptian hieroglyphics, Greek literature, Roman architecture, and Eastern philosophies are just a few of the cultural antiquities that have survived the ravages of time to capture generation after generation of human imagination. After all, as Tommy Walton says, “If you don’t learn how to open your mind to art, it is the end of civilization.” **CIC**

# COWBOY UP!

## AMERICAN RODEO DIRECTOR, HD MOTYL

The highly-anticipated documentary is set in the two weeks leading up to the Fourth of July, when there are over 90 rodeos across 35 states. In hopes of grabbing their share of rodeo fortune and fame, the men drive hundreds of miles, day and night, to get to the next run and another seconds-long chance at winning, even as they risk breaking bones, overdrawing bank accounts, and sacrificing personal relationships.

Writer/Director HD Motyl and his production crew hit the road with the cowboys in the summer of 2009 and travelled well over 2,000 miles to capture them at 18 rodeos in their event of steer wrestling. "There are a lot of rodeos in this three-week period...and a lot with big purses," Motyl explained. "So, the cowboys can win a lot of money in a short amount of time. And that's how this circuit of rodeos became known informally as Cowboy Christmas." The cowboys who win the most money (top 15) by the end of the rodeo season in October go to the National Finals Rodeo in Las Vegas. "I was fascinated by the idea," Motyl continued, "of these men putting everything in their lives aside for three weeks and hitting the road to rodeo."

**JESSICA SVENSON:** Are you a country boy yourself, HD?

**HD MOTYL:** Well, I think I'm going to have say no. I am not a country boy. I live in a rural area in Southern Illinois right now, but I live in the small city of that area. I've lived in cities, or just outside of them, for most of my life, but I like Country music. Does that make me a country boy? And I own two pairs of cowboy boots and two cowboy hats!

**SVENSON:** Where do you come from originally?

**MOTYL:** I was born and raised in a suburb just next door to the city of Pittsburgh.

**SVENSON:** Any reason you've based yourself where you have?

**MOTYL:** I moved to my present home in Carbondale, Illinois, because I was offered a teaching job at Southern Illinois University and took it.

**SVENSON:** Are you a full-time filmmaker?

**MOTYL:** I am a professor full-time and a filmmaker part-time. When I lived in Chicago, I was working mostly as an independent producer (and writer/director) of historical

“  
The cowboys in *American Rodeo* are symbols of that passion we have for something.  
”





and educational documentaries. So, there was some time when I was a full-time filmmaker.

**SVENSON:** What was it about filmmaking that interested you? Has it always been the dream?

**MOTYL:** Whether it's fictional film or documentary, it's about character and story. I love telling the stories of intriguing characters. And everyone, in their own way, can be intriguing. In a documentary, the stories are about real people, with real hopes and dreams, in real situations.

**SVENSON:** Most filmmakers cite *Star Wars* as the film that encouraged them to pick up a camera. Is there a film you'd say pushed you?

**MOTYL:** I love *Star Wars: A New Hope*, and it excited me as a film and as a filmmaker. I'm a little older than the generation who would have seen it as a kid, so there were other films that inspired me, as well as TV. Films like *Bonnie and Clyde*, *Dog Day Afternoon*, *Body Heat*, and even older films, like *All About Eve* or *The Third Man*, made me appreciate how cinema could tell a story. I was also drawn to PBS and documentaries and other

series on *Frontline*, so I got that "real-life stories" bug from there.

**SVENSON:** Where did the idea for *American Rodeo: A Cowboy Christmas* come from?

**MOTYL:** This is always a tricky question, because in some ways, I don't know. I was not raised on a farm or around animals, so I can't say it was something from my youth.

I have a love of Country music and have been drawn to rodeo songs. I'm intrigued by the romanticism of the rodeo in those songs and the fact that all of them are basically about not being able to quit the rodeo, even when not winning.

But I think the thing that really sealed it was an article in *USA Today* that highlighted four cowboys, four bull riders, who would jump into a pickup together and travel around the rodeo circuit during a two-week period called Cowboy Christmas. I wanted to know why these men would leave their lives behind to pursue this elusive dream. I wanted to find out what, deep down inside, made them want to keep pursuing this dream and where that passion came from.

**SVENSON:** Was it scripted, or did you simply decide to grab a camera and follow these gents around?

**MOTYL:** It was not scripted, for sure, but I did have an idea of what I wanted in terms of the story. The through-line would be the two weeks of Cowboy Christmas, and interviews would fill in the other parts of the story and the cowboys' stories. So, beyond that barebones idea, there was no script. What the cowboys told us and what happened at the rodeos and on the road became the script. We gathered a lot of material and then shaped it into the documentary. Apparently, people like it. It's won a few awards, I'm proud to say, and has been in a fair number of film festivals. Now, it's on iTunes and Amazon.

**SVENSON:** They didn't mind having a film crew following them around all the time?

**MOTYL:** I don't think they minded. If they did, they didn't tell us! We were certainly respectful of their space before and after the events, but they also knew what they needed to do to make the film work. We talked a lot before the filming even began, so they had a good idea of what we were going to be doing.

**SVENSON:** Is there anything they wouldn't allow you to film?

**MOTYL:** This is a good question. I don't honestly remember if they did give us a restriction. Of course, we didn't even think about shooting them showering, getting up in the morning, or just sleeping. We respected their private time. Otherwise, they were pretty much open for anything. We have one guy, and you can see it in the film, who had to put on his knee braces. He dropped his jeans, and we kept filming. I asked if he cared, and he said he didn't if I didn't.

**SVENSON:** What do you think the film's most treasured moments are?

**MOTYL:** Sam, one of the featured cowboys, was 50 at the time of filming. For a steer wrestler, 50 is old. In *American Rodeo*, he talks about his body getting older, so he has to be smarter when he runs a steer. His wife and dad also talk about it in their interviews. Later in the film, Sam has a spectacular run, and you can see him being congratulated by guys who are probably twenty or more years younger than him. That was sweet.

There's a moment when Matt, another one of the four cowboys we followed, talks about his penchant for analysis of a run immediately after a run. It's a nice example of Matt's character and really what I think the whole film is...a character study of four men who happen to be professional rodeo cowboys.

**SVENSON:** What do you think audiences will take away from the movie?

**MOTYL:** I'd hope that audiences could take away a couple of things. One, on the surface, I hope they learn something about rodeo and how it works, because it's a subculture that most Americans don't know very well, if at all.

Two, beneath the surface, I'd like audiences to see the passion that the cowboys have for rodeo and their dedication to it and to then realize that the cowboys are not unlike artists, writers, or even filmmakers who are passionate about their art...like anyone who has a passion for a particular thing and pours their heart and soul into that. The cowboys in *American Rodeo* are symbols of that passion we have for something.

**SVENSON:** Do you keep in touch with the cowboys? What are they up to now?

**MOTYL:** I talk to them occasionally, and I see what they're doing on Facebook, of course.

Jule and Matt are still riding the circuit. As of this moment in the standings for steer wrestling, Jule is in 25<sup>th</sup> place in earnings, while Matt is actually #5 in the world. Since filming, Matt and his wife, Savannah, had their first child, a boy named Carson.

Darrell also had a child. In *American Rodeo*, he talks about how rodeo has to come first and starting a family has to wait. It waited... Then, his daughter, London, came along. He's not steer wrestling anymore, but he is training horses for steer wrestling.

Finally, Sam, who was 50 at the time we were shooting, has quit rodeo. He started winding down by just going out during Cowboy Christmas, and then, he stopped entirely. He's back in Cross Plains with his wife, Brandee, and his son, Spade, who is raising an award-winning Brahma bull.

*American Rodeo: A Cowboy Christmas* is now available on VOD. 



# BRYAN MCCLURE LEADS THE STRINGS SECTION

WRITTEN BY JESSICA SVENSON

**B**ryan McClure doesn't like being scared... Just as well then, that he's the one doing the scaring in his latest series, *Strings*. The talented actor chats with us about his work on the spookfest, which is now streaming on YouTube.

**JESSICA SVENSON:** Are you a horror fan, Bryan?

**BRYAN MCCLURE:** Honestly, I'm not normally a big horror fan, because I don't like gore, but I have found some that really surprise me. I like thriller stuff more. It's kind of embarrassing to say, but the last time I cut my hand pretty bad, I passed out when I saw the blood! Ha-ha! Oops...

**SVENSON:** What was your first experience with a horror movie? Has it stayed with you?

**MCCLURE:** I have not been in a lot of horror films, but I can remember a couple. In one of the films, the director was very novice and unprofessional. It's not on my IMDb, so it's unlikely you'll find it easily. There was a scene where I was supposed to be smoking pot. Unfortunately, he was trying to get me to smoke real pot for the part. He called me "Pussy," but I stuck to my guns. He worked out a situation where, as soon as he called, "Action," I'd just pull it away from my lips. As we were filming, a cop drove by. Thankfully, he didn't come over to our car. It's a reminder that we always need to

look out for what's best for us on set and communicate with the director up front.

The second experience was with a girl. We were supposed to be making out, though the camera was all the way on the other side of the room, so you really couldn't see what was going on. She was very adamant about slipping me the tongue. That was memorable.

**SVENSON:** What do you think of the state of horror movies today?

**MCCLURE:** The last horror movie I saw in the theater was *Conjuring 2*, and I thought it was phenomenal.

Director James Wan did such a fantastic job of making it creepy, without needing to get gory. Great use or non-use of sound, set decoration, and visual effects. Those are the kind of horror films I can really appreciate! Also, when I saw *Cabin in the Woods* a few years ago... That movie rocked. I knew nothing about it, but it was so out there and unpredictable that I just loved it. Lately, I've been noticing a trend to combine horror with something else...for instance, horror/comedies. I think it's a very interesting mix.

**SVENSON:** Have you seen any good ones lately?

**MCCLURE:** Yes, the *Conjuring 2* was dope!





**SVENSON:** Was this a scripted show, or did it rely a lot on improv?

**MCCLURE:** It was all scripted, but they were open to ideas and collaboration. Sometimes, it required us to change the dialogue a little, on the spot, to fit the situation a little better... little bits of improv in different places...like during the tickle fights. Okay, that part never happened.

**SVENSON:** Who is the director?

**MCCLURE:** Stephen David Brooks, who got his start in horror as a famed writer Stephen King.

**SVENSON:** How did you two get along? Is he collaborative?

**MCCLURE:** Stephen was awesome...really all about collaboration.

**SVENSON:** Do you have a favorite moment in *Strings*?

**MCCLURE:** Well, in addition to the carpools to the set with actress Saige Ryan (we'd crank some pretty dope beats and crack some serious jokes), I'd say there were some very heated, real moments between Paul Stevens' character, Jax, and Rikers. Loved those moments!

**SVENSON:** What was it about *Strings* that interested you?

**MCCLURE:** The role. Rikers Smith has such a wonderful backstory.

**SVENSON:** Can you tell us about your character?

**MCCLURE:** All I can really tell you about Rikers is what's revealed in Season 1, because we get much more in-depth about who Rikers is in the second season. In the first season, you see that I'm a very street-smart guy... very much all about self-preservation and putting myself first, which causes some conflict amongst the group. But I'm also often several steps ahead of the rest of the group in our attempts to find a way out.

**SVENSON:** Do you feature in all of the episodes?

**MCCLURE:** Yes, I am in all 10 episodes of Season 1.

**SVENSON:** What do you think audiences will take away from the series?

**MCCLURE:** I'm hoping they take away an experience that leaves them sitting on the edge of their seats, rooting for our heroes, and wanting to know what happens to them next and how they're all connected. Something for them to take into the world is the idea that we should treat everyone fairly, because we don't know how adverse treatment can affect them.

**SVENSON:** You're playing Jimmy Olsen from *Superman* next!? Can you tell us about that?

**MCCLURE:** I will be playing Mr. Jimmy Olsen. I'm very excited about that. It's a fan film being created by Scott Brown of Pushing the Pen Productions. It should be an exciting adventure! We don't yet have a date slated to start filming, but you better believe I'm pumped to play such an iconic part! **CTC**

The Temecula Dance Company (TDC) recently ended its 24<sup>th</sup> annual recital season with 15 spectacular shows, topping 10,000 in attendance. With owner and Director Lani Morel at the helm, the organization has an army of 2,500 students that are guided by exceptionally talented instructors.

Of the 2,500 dancers, 200 dance competitively and have quite the résumé under their belt, which includes Best Performance in the Country by the Industry Dance Awards, the Top Super Star Studio Award from Star Systems National Dance Competition in Las Vegas, and the ICON Award at Showbiz National Talent Competition. TDC dancers also work professionally in TV, film, video, and on stage.

To supplement those achievements, Morel and crew are active in the community, providing dance arts education in 15 local schools. But Morel doesn't stop there. She founded the Temecula Dance Company Make a Difference Foundation, a not-for-profit organization that helps those in need, both locally and abroad.

This year, the foundation provided new furniture for an orphanage in Mexico. It provides monthly funding to feed 50 children at the Pequeños Hermanos Orphanage. It also provides monthly assistance to homeless families and seniors for housing, as well as inclement weather housing for those still living on the streets. Sixty local, underprivileged children were provided with gifts, clothing, food, and gift cards for shoes. Funding was also given to help a child with cancer, a child with heart disease, and an adult with early-onset Parkinson's disease. The TDC has expanded to three studio locations in Temecula and will surely grow in popularity in the years to come. **CTC**



# The TEMECULA Dance Company

WRITTEN BY ROBERT DAVIS

Helping people locally and abroad



**M**ike Dieterich is an innovative, award-winning filmmaker and producer and the bestselling author of the book *Renew and Sustain*. He is an environmental scientist and LEED Accredited Professional with over twelve years of experience in the sustainable development field. He has managed energy and environmental projects for a range of local and international organizations.

Mike's consulting firm, Renew and Sustain, was founded in 2007 and has been successful in helping people and organizations navigate their path to sustainability.

# MIKE DIETERICH

WRITTEN BY MICHELLE MAGEE

Mr. Dieterich's goal is to create winning strategies for communities worldwide, and he is very dedicated and passionate about his work. Mike has spoken at universities and conferences and is available for speaking engagements. I had a chance to speak to him recently to discuss his ideas and strategies.

**MICHELLE MAGEE:** Tell us about your movement and how you can change the world.

**MIKE DIETERICH:** The goal is to have a zero-energy, water, and waste future. I discuss this on *TEDx Talk*. Zero energy is a two-step process. The first step is to improve the efficiency of our buildings, transportation, etc. The second step is to offset the energy demand that remains with renewable sources like solar panels, wind turbines, and even micro hydro. Zero waste is super easy, and

cities like San Francisco are large scale examples of this movement. Everything we buy or use will be recyclable or compostable. Zero water is like zero energy, a two-step process. Step one is using efficient fixtures, and two is capturing rainwater and using it for things like flushing toilets or irrigation. If it's purified correctly, we can even drink it.

**MAGEE:** Are there a lot of opportunities and technologies to be created here?

**DIETERICH:** Yes! Are we able to do this today? Yes! There are several examples of implementing technologies to achieve this. One example is the Bullitt Center in Seattle. This technology exists today and is used in our buildings and cities.

Advancing policies on energy efficiency drive innovation, business, and entrepreneurship. A couple good examples of this are companies like Tesla and Nest. Electric cars and thermostats existed, but both companies have come onto the marketplace and improved on the efficiency and technology, creating a growing market and also providing customers with better options to save money on fuel and electricity. The goal of this future is to reduce costs and impact. The irony is we are doing this today, and we can scale it up.

I've launched Rise Industries to have a zero-waste manufacturing process for repurposed shipping containers to deliver buildings to schools, offices, emergency response, tiny homes, backyard apartments, or Airbnb rentals that are zero energy and work toward zero water and waste. I figured I would build the very thing I consult my clients on doing to assist in the movement, so we have fewer costs, less impact, and better health.

**MAGEE:** What type of case studies have you done?

**DIETERICH:** I've quantified sustainability by using scientific method to conduct assessments that calculate current consumption and verify consumption of gas and electricity pre- and post-renovation, generally saving a building 30% in utility costs by using various energy conservation measures and passive design strategies. Another example is reducing the number of light fixtures installed in new construction by 40% and

reaching all of the lighting targets. Daylight analysis and computer models go into these assessments.

**MAGEE:** Can you give a brief example of what socially-responsible living is in your sense of being environmentally conscious?

**DIETERICH:** Eat local, i.e. the farmer's market. It supports local business and is fresher and healthier for you. Compost the leftover organics. Turn off the lights when you leave the room, and get a programmable thermostat, so you can set back the temperature when you are not at home. This will save about 20% on a heating and cooling bill and is scalable from the home to a school and even large office buildings. These types of setbacks, along with waste diversion and water conservation, save hundreds of thousands of dollars.

**MAGEE:** Are you saying that certain businesses, schools, and government agencies are not operating at their most profitable state?

**DIETERICH:** Today, if schools in the United States implemented the energy conservation measures I discuss in my book, videos, and interviews, taxpayers would be able to save two billion dollars annually in utility bills.

**MAGEE:** You are able to incredibly improve these profit margins? What is your strategy?

**DIETERICH:** Yes, it's a look at energy consumption and use. Then, we implement a policy to optimize performance.

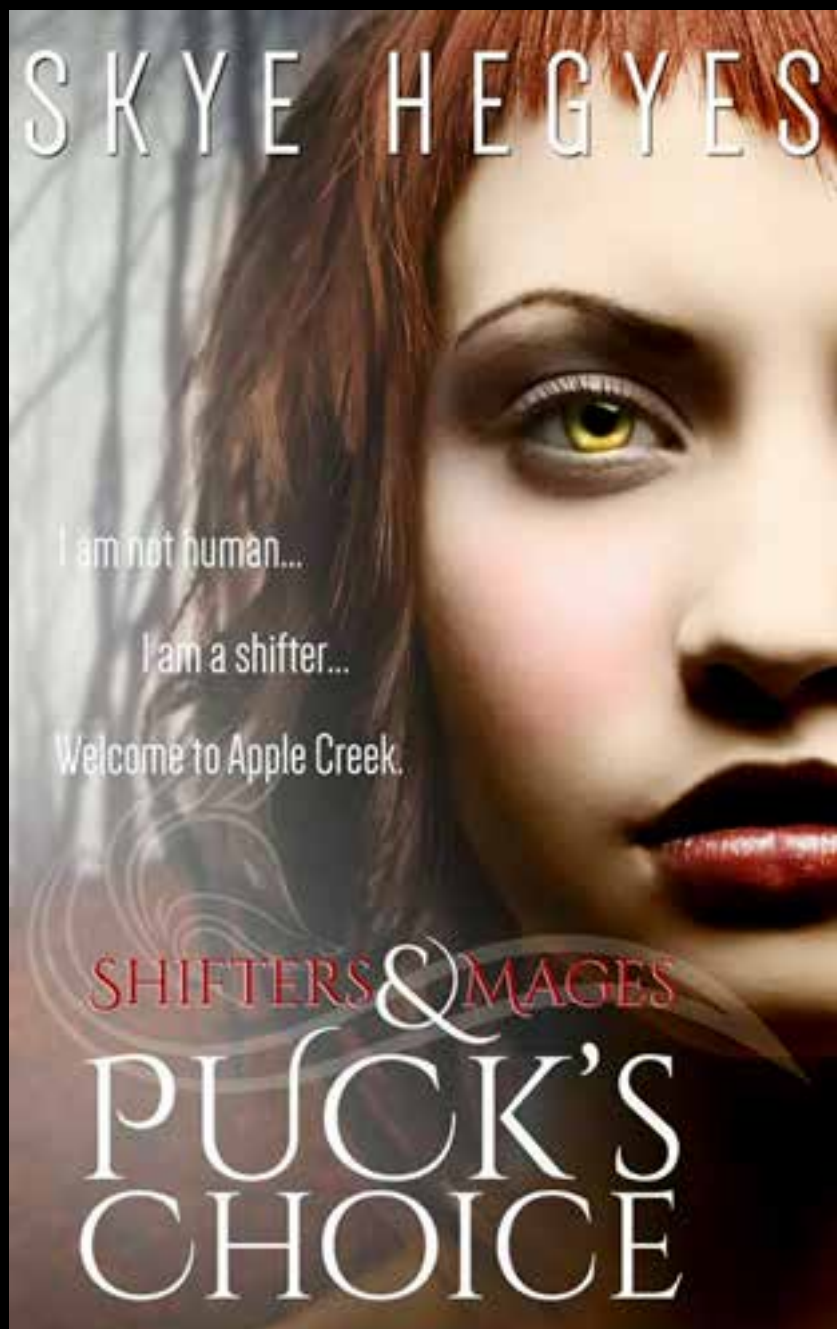
**MAGEE:** Where do you see yourself in the next five years? This is the stuff Pulitzer Prizes are made of!

**DIETERICH:** Leaders of today talk about climate change, LEED certified buildings, and cities that will work toward zero waste. Companies will go paperless. These are all teeth in the mouth of sustainability. I don't focus on one tooth, but on all of the teeth working together, each with a specific purpose of achieving a zero-energy, water, and waste future. In five, ten, fifteen, twenty years, I expect to be advancing this conversation, building, developing, and living in this vision. **CTC**

Sustainability

“  
Everything  
we buy or  
use will be  
recyclable or  
compostable.  
”





## PUCK'S CHOICE

### SHIFTERS & MAGES, BOOK 1

Puck Dupree moved in with her sister after spending over a year trapped in the form of a fox. She had hoped to move on with a normal teenage life; however, trouble seems to have followed her.

The Council wants her to partner with a mage or forfeit her life, a friend of hers has a stalker who may or may not be trying to destroy her, and a boy at school keeps watching her. If only she could decide if he wants to kiss her or kill her.

To purchase *Puck's Choice*, please visit any of the following sites:

Amazon US:

<http://amzn.com/B00PHVIPBS>

Amazon UK:

<http://goo.gl/UG5wEK>

Barnes & Noble:

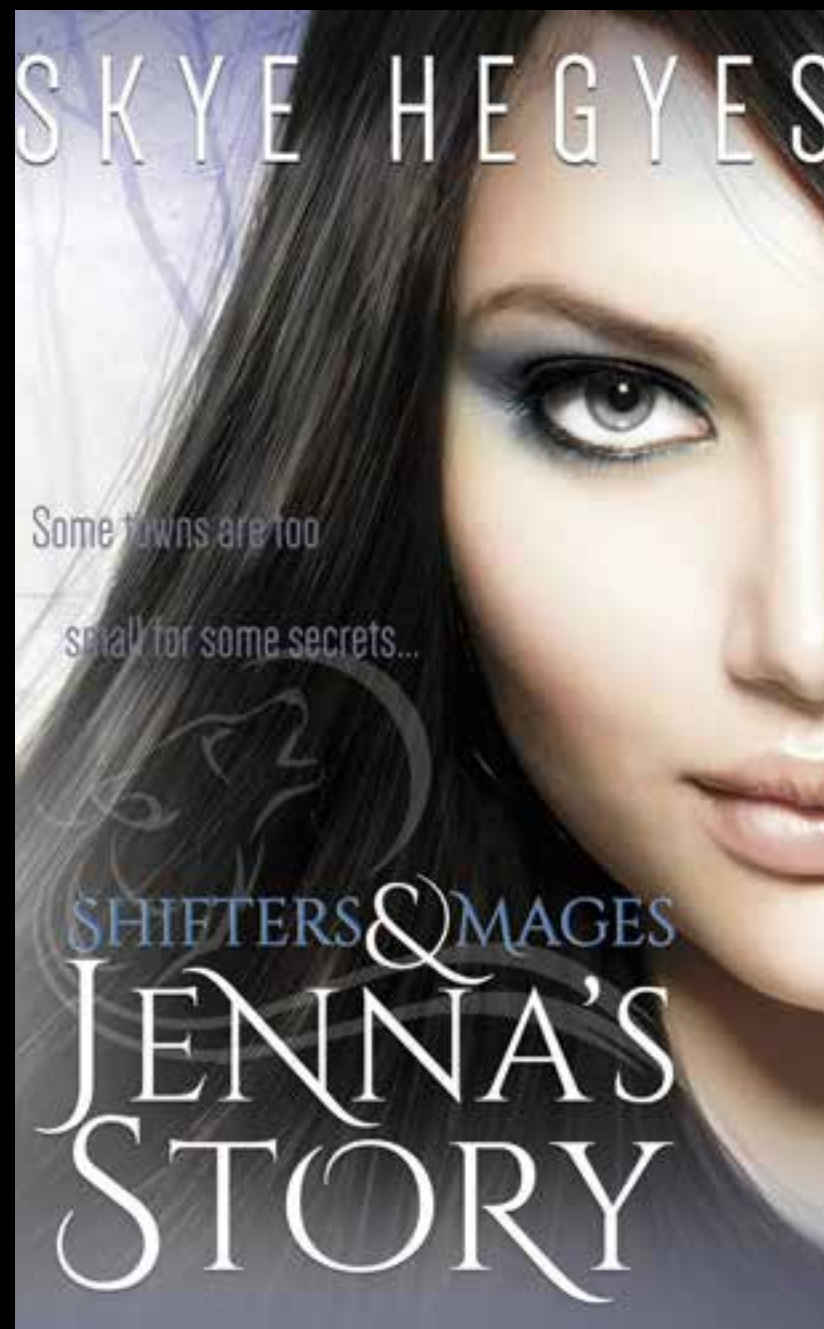
<http://goo.gl/u3Miat>

CreateSpace:

<http://bit.ly/1P7FGpv>

Wal-Mart:

<http://www.walmart.com/ip/Puck-s-Choice/53350960>



## BOOKS

## JENNA'S STORY


### SHIFTERS & MAGES, BOOK 2

Jenna Grayson has many secrets. Her father disappeared before she was born, her mother ignores her, her stepfather abuses her, and the boy she's had a crush on for many years doesn't even know she exists.

A school assignment may be the end of all her secrets though, including her biggest secret of all – her ability to turn into a wolf. With her stress level rising, a new ability rears its head to make her life that much harder. She must learn to control her rising power, because if she doesn't, she chances losing all her secrets and possibly her life.

WRITTEN BY SKYE HEGYES

“Creativity: having a pencil in one hand and the paper below it. All that's left is the writing.” ~ Skye Hegyes

Dragons, wolves, and sharp objects are commonplace in Skye Hegyes' home in North Carolina. She spends most of her time between writing and working. When not doing either of those things, you may find her making crafts or adventuring with her family, which consists of her husband, two daughters, two birds, and three cats...and a partridge in a pear tree! 

Website: [www.skyehegyes.com](http://www.skyehegyes.com)

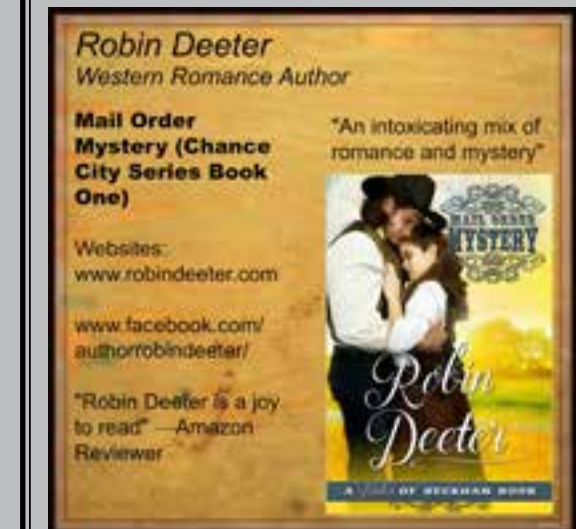
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YouTube: <https://goo.gl/DU1h9V>

Amazon: <http://goo.gl/W3aXsk>

Goodreads: <https://goo.gl/ti8075>





## Excerpt from chapter one

# They Call Me Avenged

by Bestselling Author **Cyndi Lord**

**J**effrey Morgan mumbled through a gag and kicked the gate when Loretta Bentley passed the cage. Urine and feces puddled and clumped close to the insulated block wall. His attempts to avoid his waste failed. The chain padlocked to the collar around his neck remained smeared and wet. His hip and knee were streaked, and one foot had skin worn away from rubbing the concrete.

The dogs barked excited greetings when she completed the morning check on them. The large dogs she freed stayed close to her legs and followed her through a side door. The small dogs whined, eager to exit by way of the front door leading to her backyard.

She returned to the comfort of the cushioned rocker in the patio. Loretta sipped coffee from a large mug and gazed at the pastures comprising her three hundred fifty acre, East Texas ranch. The house, small like a cottage with two bedrooms, set five hundred feet from the gravel farm road. She thrived in the seclusion, privacy, and fenced property she liked and needed. Day laborers came when she called for special jobs. The last hired project, three weeks earlier, an eight by ten-foot fenced area, seventy-five feet from the back gate, created an outstanding retribution arena. The tall cedar board provided absolute privacy. Loretta smiled.

Spring breezes held the hint of heat when the sun rose higher. The tin roof shaded her and the animals she'd rescued from evil men. For those animal abusers, no rescue came.

A bone-thin, two-year-old, female lab crept slowly towards Loretta with her tail giving tentative wags. *Poor baby's still afraid after a month.*

"You're okay, beautiful lady. Come on. Come here and get some lovin'." She wiggled her fingers. Blacky's tail wagged in overdrive. The dog lay her head on the woman's lap. Loretta rubbed her boney face and wondered if she was the only person who'd ever been kind to Blacky.



She separated the fur growing in around the dog's neck. Deep scarring and an open area several inches long revealed angry red flesh beginning to heal over and a hole where the veterinarian had placed a drainage tube. Loretta closed her eyes, sorrow and rage ignited raw fury. She opened them to tunnel vision. Blacky looked up into her face then lapped up the tears.

"No one will ever hurt you again or tie you up with binding wire. Never. I promise you that, and I'll be sure you have a good home. He's paying for what he did to you. If he's still alive, he knows just what you went through." She looked toward the tarp and fencing. "Let's get you and the other lovely ones some breakfast. What do you say?"

Blacky bounced up and down walking beside Loretta to the kennel. *She's put on thirteen pounds and still looks like a refugee from a concentration camp.* She patted the dog's back and cringed when she felt the vertebra protruding.

Vigorous barking greeted her when she opened the door and flipped on the lights. The air conditioning blew a gentle flow of air from the roof units. Inheritance and donations made ideal living conditions possible for the previously mistreated animals in her care. Keeping the kennels and pens clean obsessed her. They deserved the best lives after what they'd gone through. Volunteers offered to help her, and she rejected them all. Not because she couldn't use their help, heaven knew she could. The little secrets she kept here and there forced her to do it all herself, except for Juan who she thought useless most days.

At the end of the pens, one of the secrets moaned and kicked the aluminum gate. Loretta walked past giving him only the slightest acknowledgment. Gave him more than he gave his Boxer for eight months. Blacky paused and sniffed the pen. She backed away and shook her head.

"He's a mess, isn't he, girl?" Loretta chuckled and made eye contact with the naked man. She rubbed the dog's ribs. "Come on, I need to feed whoever deserves to eat, and he can just sit there and watch." Her voice took a cooing tone. "Yes, he can. He can just watch and be hungry. He can watch like Rex did, can't he now?"

She went from cage to cage and opened the doors. Three of the six dogs stayed inside cowered in the back. All small breeds, and all neglected and abused. Her heart broke anew the way it did every day. Danny, the Greyhound,

abandoned in a rural ranch area when his usefulness as a racing dog was lost to a shoulder injury, sat in front of her and barked. She patted his head.

"You're a good boy. Look at that. You never messed in your pen. Come on. I'll let you out."

He followed her to the sliding doors in the back. Blacky came along but stopped before stepping into the large, fenced yard. Loretta knew it reminded her of the years she'd been chained to a swivel hook with binding wire embedded into her neck. Rarely fed, dehydrated with no shelter from the sun or rain, she'd laid down one day and never got up. Little more than a bag of bones when rescued, Loretta vowed right then her owner would pay. *Paying he is.* She looked to the edge of the fenced area in the pasture.

"Come on Abby and Sam." She clapped her hands to get the attention of two German Shepherds.

They moved away from the only locked pen remaining and dashed out the door. Sam gimped on three legs. Struck by a car when he and his sister were dumped on the highway, Loretta paid for the amputation and nursed him into health. His sister never left his side. Danny dropped his front end, and Sam accepted the challenge. Loretta laughed watching them run and play. *Just like all dogs should be able to enjoy life.*

She coaxed Blacky outside and knelt in front of her. "Look, no chains out here." Beautiful copper eyes looked into hers with trust as if she understood.

Abby touched the Lab's nose, and they began circling the play area. Loretta shut the door.

Not surprised to see all three of the small dogs in one pen, she sat down just outside their open gate.

The smell from the end cage penetrated her nose unwelcome as an unfamiliar intruder. In her kennels, bad odors were rare and readily dealt with to ensure the dogs comfort. She wouldn't keep his clean, no way; he could die in what he found acceptable for Rex. Her only concern, the sensitive sense of smell her canine beloved shared. *Maybe I'll hose him down again—for them.*

Her attention returned to the small dogs. "Latsi, come here you beautiful woman."

The senior Lhasa Aspo bounded toward Loretta as quickly as her age allowed. Surrendered horribly matted, by the daughter of the elderly woman who'd owned and loved her for eleven years, she now looked lovely. The grooming and pain medication for her arthritis made a world's difference. Loretta picked the old girl up and cuddled her.

"Your Mama will be home from the hospital tomorrow. I'll help her take better care of you. Three more days and you get to go home. Are you happy?"

The dog wiggled and licked her face.

"I know you're happy; yes I do."

She carried the ball of fur to the side yard, safe from the big dogs.

"Your friends will be out in a few minutes."

The Chihuahua mix belly crawled to her as she knelt on all fours encouraging him. "Jose, you're all right. Those mean boys can never touch you, again No, no, honey. Stand up, don't crawl that way. They went bye-bye forever."

The tiny fella weighed six pounds. How any human could torture an animal who only needed love insulted her sensibilities; making them pay didn't bother her a bit.

She caressed the shivering bundle and cooed loving words in his ear. *I wonder if he'll ever stop being so afraid of human contact? How can I get him a home when he behaves this way?*

Set free from hands that could hurt him and feet that kick, Jose ran across the side yard and sat against the fence near the patio. She sighed and shook her head. Latsi tried to come back inside, and Loretta used her foot to gently block her. *I hope Jose saw me. Feet don't always hurt.*

She wanted to be fair, leave him in the same circumstances he'd left Rex in for months. Jeffrey had it better than Rex, really.

Thoughts of the previous two months held any sympathy she might muster at bay while she clung to the gate and

stared at the previous owner. The dog's kennel was outside all summer and winter. No roof over him, and never let out. The concrete floor didn't have an inch without over a foot of dog crap. The acid had eaten away skin. Not that anyone could see it; the dog had been covered in its own waste. The vet couldn't even be sure what breed he was until he'd been cleaned up. Severely underweight, Jeffery's excuse had been 'Rex wouldn't eat.' Dog food, when provided, was dumped in the mess. The dog had to get pieces out from urine and feces. He ate like a hog when Loretta brought him to her kennel. There, he ate from a clean bowl, in a clean pen.

His feet healed in two weeks, and he put weight on. The beautiful Boxer ignored Jeffrey when she'd brought the man into the kennels sixteen days ago. It didn't surprise her. Jeffrey had picked him up as a six-week old puppy and put him in the three by five-foot kennel. Animal control told her they believed he'd never been out again. Not until Jeffery's mail carrier complained about investigating a horrid smell and hearing a dog whimpering behind the back yard fence. That's when she got the call. When she learned exactly where Jeffrey lived.

She watched him withering on the floor, trying to sit up, obviously embarrassed by his nakedness and waste.

"I have good news, Jeff. I visited Rex yesterday. He's clean, dry, and fed. Are you happy for him, you waste of space?" She kicked the gate and laughed when he scooted backward, terror in his eyes.

He mumbled and nodded his head vigorously.

"I can't understand you. It must be frustrating to not be able to tell me what you need. For me not to be able to understand you. Do you suppose that's how Rex felt for all those months?"

He rolled up and looked down at his right ass cheek.

"Oh look. You have dung all over yourself. It didn't bother you when that was Rex's way of life. Should it bother me that it's yours?"

His head stayed down but he nodded, then his eyes found hers, and he shook his head.

"Yes or no, Jeff? I should care or I shouldn't? You don't

know what to say, do you?"

He mumbled loudly and shook his body back and forth.

"Huh? What does that mean? Are you thwarted by our language barrier?"

The gag moved, his mouth worked but nothing came out but a strangled sob. Tears flooded eyes as dark brown as his buzz cut hair.

"Maybe as a human I should understand you need to eat. You're losing a lot of weight. Should that tell me you're not eating enough?" Her tone jumped from the gentle probing voice one might use with a small child to angry monster raging inside. "Or, maybe I'm like you, Jeff; I just don't give a fudge. You're cold, dirty, hungry, and thirsty, and you know what? I don't care. How's that for honesty you worthless, nasty beast?"

Back against the wall, head dropped, he sobbed.

"Do you think Rex cried, Jeffrey? Do you? What was that whimpering the mail lady heard all the way from the front of the house?" Infuriated, her voice raised to a ranting screech.

The weeping stopped, and he sniffed hard. Thrashing his head back and forth, he opened his mouth as far as he could and gasped a gurgled breath. Panic quelled her rage. She threw the gate open and stepped into his cage. Humanity gripped her momentarily until her mission rekindled, heartless and cruel as the man struggling to breathe.

"Stop crying; and man up. If your nose isn't full of snot, you can breathe through it, yah think?"

His head jerked back and forth. Snorting and sucking air around the gag.

"Good, you won't suffocate. You'll be able to suffer longer like your dog did. I'd be so disappointed if you died this fast. That wouldn't be fair, now would it? Not fair to Rex at all. He suffered for seven months. Do you think you'll last long?"

A loud, sluggish sniff apparently cleared his nose, he tried to articulate something.

"Did you say you were happy for him? I couldn't understand you. He plays in a big clean yard with a ten-year-old boy every day. They showed me his big, comfortable, doggie mattress. It's in the living room. The thing is, at night he won't stay in his own bed. He sleeps with the little boy who loves him and takes care of him. They gave me a picture of the two of them sound asleep. Here, let me show you."

She reached into the pocket of her flannel shirt. He stared at the wall, sniffing and hacking.

Loretta slipped into her rubber boots without touching them and walked into Jeff's cage. She squatted by him unafraid he'd make the mistake of kicking her, again. She glanced at the black and blue marks on his kneecaps and shins. The computer print showed Rex stretched out on a double bed, his head on a pillow, and his front leg over the throat of a sleeping boy with blond hair. Their noses were inches apart.

Jeffrey looked at the picture for a full half minute. His eyes teared up, again.


"Oh stop." She stood and folded the paper. "You're not crying tears of joy for him; you're bawling for yourself. He has what he deserves now, and you know what? So, do you."

The man's eyes grew venomous. He drew a knee toward his chest.

Loretta stepped back as he kicked then she stomped the heel of her boot into his ankle. The thin rubber did little to cushion his weakened flesh. He screamed, muffled, and gurgled.

"Jeff, Jeff, Jeff, when will you learn? Even if you kicked me, what would you gain? You're handcuffed behind your back, tethered to the wall, and padlocked. Maybe, you're going a little crazy. Maybe, Rex did, too. But, you know the difference between you and him, Jeff?"

His face contorted in pain; he glanced at her briefly and gave a slight shake of the head.

"You haven't figured it out, yet? Let me tell you. He was rescued. You won't be—ever." 



I often hear people say, “I just want to be happy.” I feel ya! I catch myself saying the same thing from time to time. We all have the power to create our own happiness. We just forget how. Many people think happiness comes by finding the perfect relationship. That is not true. I am a firm believer that one must be happy with themselves before being able to contribute to another person’s happiness. Learn how to feel good about yourself!

Personally, I’ve gone through what I like to call “sad phases” in my life. I succumbed to the Ben and Jerry’s ice cream, the endless stack of tearjerker movies, and the big, fat pizza that tasted so good. I had been athletic and competitive my whole life. Every day, I would strive to keep in shape, to work hard, and to, dare I say it, “people please.” I literally worked myself

# Learn to create your own HAPPINESS

WRITTEN BY SUE MCGAUGHEY

“

*Tell yourself you are beautiful and accept it.*

”



ragged and allowed myself to get out of shape physically, mentally, and spiritually. I found that, at a time in my life when I needed some support, those who I always worked hard for, supported, and stood by just weren't there for me. I was alone. I allowed myself to get out of shape, allowed myself to dwell in the hurt, the pain, and the negatives, and allowed myself to become something I really was not. I realized that the only path to happiness was to create it again myself.

How do you create your own happiness? Here are a few steps that helped me and jumpstarted me toward my goals:

## STEP ONE

Make a list of things you like to do and things you don't like to do. Start the process of elimination with the things that you don't like to do. Then, you can focus on the dos.

## STEP TWO

Write down your own personal likes and dislikes about yourself. Be brutally honest! Pick two things you want to start working on immediately.

## STEP THREE

Who do you surround yourself with? Are there people in your life who make you cry more than laugh? Do they make you feel unhappy more than happy? Time to rethink those people in your life and what position you really need to have them in.

## STEP FOUR

Get up, get out, and get going! Find an activity you like to do that will get your blood pumping. Create those endorphins within your body that will contribute to making you feel better about yourself. You can join a gym, hiking club, walking group, or bowling group. The options are many! Pick one and give it a try. For me, it was yoga and dance class. Not only will it lift your mood, it will definitely start you on your way to a tighter and better physical appearance.

## STEP FIVE

Examine your sleeping habits. The less sleep you get, the sadder you will feel. It affects your focus, concentration, and productivity. A well-rested person is a happier and more productive person.

## STEP SIX

Adjust your eating habits. “You are what you eat” is a very accurate statement. Be real with yourself. When you get upset, if the first thing you go for is a doughnut, eventually, that doughnut will do more harm than good. Research some healthier options.

## STEP SEVEN

Make a contract with yourself. Sign it! Make a solid commitment to yourself that you are going to stick to your plan!

## STEP EIGHT

Plan one cheat day. Allow yourself one day of the week where you can go off of your plan if you want to. However, you must get right back on track the next day. This may be the day you allow yourself a good cry and a pizza, or perhaps you skip the gym and go eat some fattening food. It's okay, as long as you get back at it the next day.

## STEP NINE

Acknowledge your beauty. Everyone is beautiful in their own way. Tell yourself you are beautiful and accept it.

## STEP TEN

LET IT GO! Whatever has been bothering you or whatever or whoever has been holding you back, let it go! Living in past miseries never contributes to happiness. Embrace the things that allow you to feel good inside, and let go of the things that make you feel bad.

Every person is unique and individual. We are specially-crafted works of art that need procuring, nourishment, light, and love to grow. Start by loving yourself and making your light brighter. Set goals, know your standards, and spark your own inner light, so it grows and radiates nothing but happiness! Each day is a blessing. Teach yourself how to find your own happiness. **CTC**



## Chili Pizza

### Servings: 6

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

### INGREDIENTS

- (1) 15-ounce jar cheese dip
- (1) 15-ounce can Hormel® Chili No Beans
- (2) 12-inch pre-baked pizza crusts
- 2 cups shredded lettuce
- 1 cup diced tomatoes
- Corn chips, black olives, and diced onions, if desired.

### DIRECTIONS

1. Heat oven to 350°F.
2. Spread cheese dip over pizza crusts. Spoon chili over cheese sauce.
3. Bake 10 to 12 minutes.
4. Top with shredded lettuce and diced tomatoes. Top with corn chips, olives, and diced onions, if desired.

## Bourbon Chicken

### Servings: 4

### INGREDIENTS

- 2 pounds boneless chicken breasts, cut into bite-size pieces
- 1-2 tablespoons olive oil
- 1 garlic clove, crushed
- ¼ teaspoon ginger
- ¾ teaspoon crushed red pepper flakes
- ¼ cup apple juice
- ⅓ cup light brown sugar
- 2 tablespoons ketchup
- 1 tablespoon cider vinegar
- ½ cup water
- ⅓ cup soy sauce

### DIRECTIONS

1. Heat oil in a large skillet.
2. Add chicken pieces and cook until lightly browned.
3. Remove chicken.
4. Add remaining ingredients and cook on Medium heat until well mixed and dissolved.
5. Add chicken and bring to a hard boil.
6. Reduce heat and simmer for 20 minutes.
7. Serve over hot rice and enjoy.

Note: Recipe named Bourbon Chicken, because it was supposedly created by a Chinese cook who worked in a restaurant on Bourbon Street.





## Ultimate Greek Salad

### INGREDIENTS

#### DRESSING

- 6 tablespoons olive oil
- 1 ½ tablespoons fresh lemon juice
- 1 tablespoon red wine vinegar
- 2 garlic cloves, minced
- 1 teaspoon dried oregano (Mediterranean is the best.)

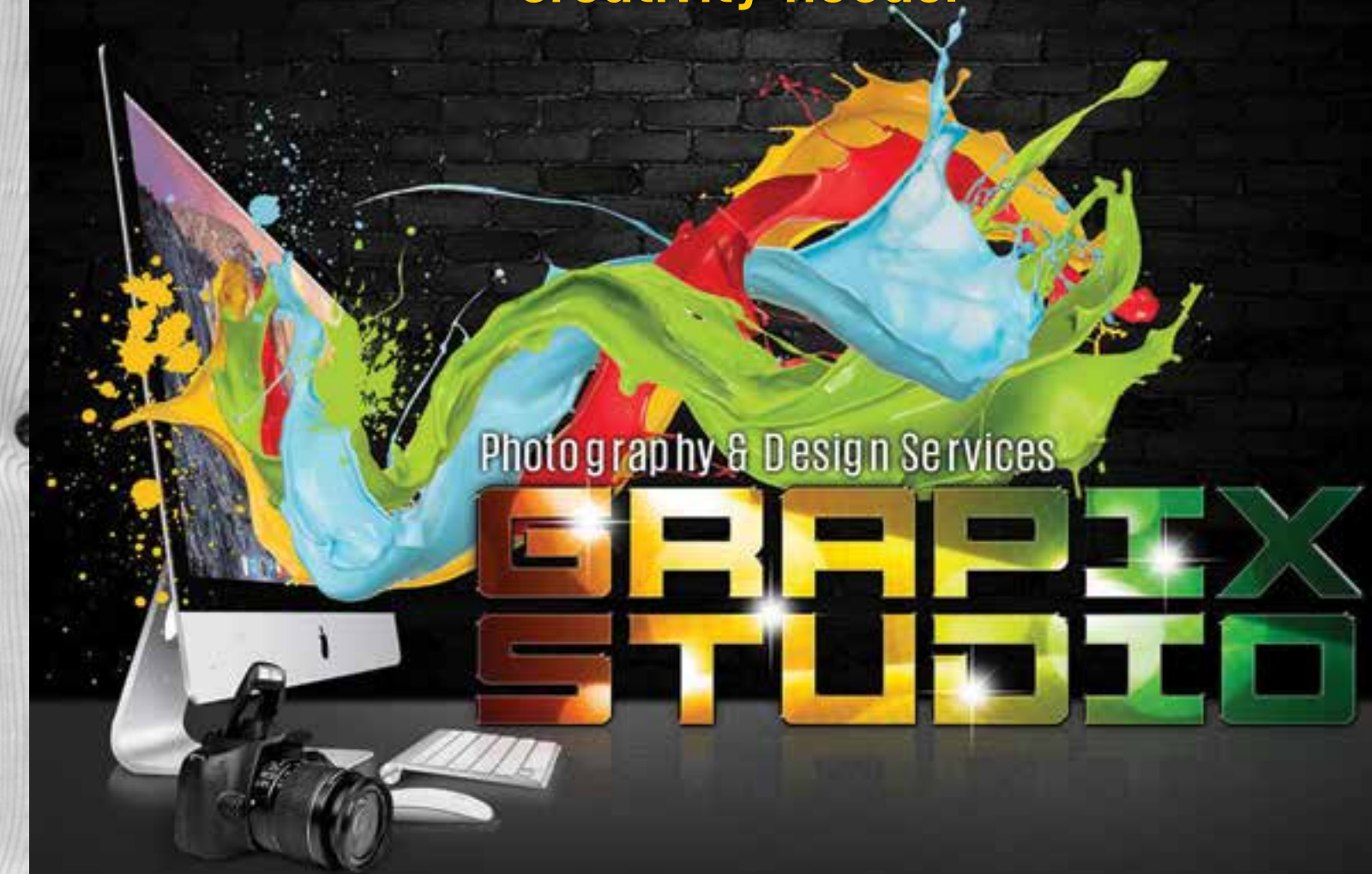
#### SALAD

- 1 head lettuce, torn into bite-size pieces (I use Romaine.)
- 3 large plum tomatoes, seeded and coarsely chopped
- 1 English cucumber, peeled and coarsely chopped (long, thin, almost seedless ones)
- 1 medium red onion, cut into thin rings and soaked for 10 minutes in a small bowl of ice water to make it less sharp
- 1 small green pepper, cut into thin rings
- ¾ cup Kalamata olives
- ¾ cup crumbled feta cheese

#### DIRECTIONS

1. Whisk dressing ingredients together until blended.
2. Season to taste.
3. Drain onion from ice water and pat dry with paper towels.
4. Combine all salad ingredients, except cheese, in large bowl.
5. Toss with dressing.
6. Sprinkle cheese over top and serve.

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